



FOOTPRINTS

April 2020

Newsletter of the Border Bushwalking Club Inc.
affiliated with Bushwalking Victoria



COMMITTEE

President	Ian Trevaskis 0425 782 983
Membership Enquiries	Marie
Treasurer	Eve
Secretary	Vanessa

president@borderbushwalkingclub.com.au
membership@borderbushwalkingclub.com.au
treasurer@borderbushwalkingclub.com.au
secretary@borderbushwalkingclub.com.au

General Committee: **Ralph:** Vice President, **Bernadette:** Activities Coordinator, **Liz:** Newsletter Editor, **Ira:** Meeting Suppers & Social Convener, **Chris:** Equipment Officer, **Marie:** Membership & Data Base Manager, **Ken:** Policy and **Sandy:** our go- to girl.

CLUB NIGHTS

Due to current situation with COVID-19 club nights are cancelled until further notice.

In the meantime keep up your exercising.



WELCOME

We extend a warm welcome to the following new members:

Sharon Spargo
Kimberly Finlay
Jeanette Day

We trust that you will enjoy all that the Club and its members have to offer.

FROM THE PRESIDENT'S STUMP

Last Sunday I went for a bike ride to Bright with my wife. It was great to get outside and enjoy the countryside and for a couple of hours to escape a world that has changed so dramatically over the past few weeks.

We are all now living in a new world fraught with worry and stress and it's a time when we all need to take a step back and re-evaluate what is important and dear to us. It's a time to not only look after ourselves, but not to forget those in our community who live alone, who are now jobless, or may be struggling with a chronic illness. Part of that community includes our very own 'family' of Border Bushwalking Club members.

Our club thrives on the social interactions that are part and parcel of our wide ranging Activities program. While this is now in indefinite suspension I would encourage members to keep in touch with each other through the various social media platforms available to them.

We have all been impacted by this nasty COVID- 19 virus in a number of ways and your committee has taken appropriate steps to help ensure your health and safety. Despite the current social distancing restrictions in place, you can still go for a bushwalk or, like I did on Sunday, go for a bike ride. Don't isolate yourself and become a recluse.

It would be great if members could share their stories of 'Survival in the Times of Corona' to 'Footprints'. Because this is a monthly newsletter, I am hoping the committee might be able to set up some other sort of social interaction tool via our website whereby members can check in, update others on how they are coping, share any hints or tips on coping in this time of crisis, or just sharing some photos of recent excursions in the great outdoors. We will keep you posted on future developments. In the meantime please continue to follow the current government health guidelines and hopefully it won't be too long before we see you on a track, a bike path or a ski slope.

Ian



NOTICE RE AGM and COMMITTEE

Due to the fact that all future Club Nights and the AGM have been postponed until a later date, the current committee will continue to operate as an 'Interim Committee' after June when a new committee would normally be in place.

For the information of members, the current Committee members have indicated they wish to remain on committee for 2020/21, with the exception of Liz Nilbett and Chris Gay to whom we wish to thank for their commitment to the running of the Club.

Two Club members, Simon and Glen have indicated a desire to join the Committee and have been welcomed aboard. Their membership of Committee will need to be ratified when we get around to a formal AGM at a later date. Formal nominations for Committee will now be delayed until we have a better idea of when the AGM will be held.

The 'Interim Committee's' make up is as follows:

President:	Ian Trevaskis
Vice President:	Ralph Simpfendorfer
Secretary:	Vanessa Crosby
Treasurer:	Eve Durham
'Footprints' Editor:	Ralph Simpfendorfer
Gear and Property:	Ken Tooley
Membership/Data Manager:	Marie Maguire
Activities Coordinator:	Bernadette Cromarty
Suppers/Social Convener:	Ira Robinson
Policies and Procedures:	Ken Tooley
Committee Support:	Sandy Kaitler
General Committee:	Glen McKinnon Simon Mullumby
Ex-Officio:	Pauline McLaughlin (PR) Eileen Clarke (Archives)

TRIP REPORTS

On Friday afternoon six Border Bushwalkers headed up the Eskdale Spur. It was steep but thankfully short and we were all glad to glimpse Michell Hut which was our destination for the night.

There was some cloud on Saturday morning but it proved to be a delightful day. We meandered up to the summit of Bogong. Having stopped for photos of the glorious views we headed off to West Peak about 3 km past Bogong. A little up and down but delightful. We had lunch at West Peak with stunning views towards Mount Beauty.

At various points along the walk a couple of the group did a spot of geo- caching. Scrambling among bushes and rocks searching for the cache. A very respectable 6 caches for the day.

Headed back to camp, chatting with other walkers along the way.

Sunday morning saw us descending Eskdale Spur. Great weekend had by all. Nola.





BUFFALO BIRTHDAY PARTY

Following rather concerning weather forecasts of rain and thunderstorms, it was considered wise to have the Moveable Feast in the lovely stone shelter in Queen Victoria Park at Beechworth instead.

Ten long-time friends and members met with the lovely Edna Jakobs and members of her family to celebrate this Special Day - Edna's 90th birthday.

There was so much pleasurable catching up and enjoying reminiscences (and tall story telling) along with consuming the delicious party-picnic foods brought along by everyone, that the day drifted along and before we knew it, it was time to head home. A perfect day - including the weather. Many thanks to all of you for making it possible. Marijke



BEECHWORTH HISTORIC PARK CIRCUIT

Eight walkers set off at 8.30am from the Beechworth Powder Magazine and followed a very up-and-down and winding path to visit many of Beechworth's rocky icons, including One Tree Hill (we think we found the 'one tree', or at least what looked to be the oldest and biggest tree standing), The Precipice, Fiddes Quarry, Ingrams Rock for morning tea, Spring Creek, The Cascades for lunch, and finally the Gorge Bridge, returning to our cars just before 1pm.

The weather was good, the company was great and it was delightful to hear that walkers would be happy to do it again, in various seasons! Many thanks to Pauline for co-leading my second BBC walk, her expertise, encouragement and words of advice were greatly appreciated. Leanne.



NOTICES. CROSS COUNTRY SKIING

Sue 02 6056 0501

Trips are planned with a few days notice snow & weather permitting on the borderskiers Yahoo site. Most trips Grade 3 medium with some hard at times. Fit beginners will be welcome.

If you wish to join this group please contact the co-ordinator Warwick McLachlan 6025 1323, 0418 673 164 or mcla@bigpond.net.au

EARLY NOTICE & ADVICE OF NEW CRITERIA FOR HOWMANS 14 – 16 AUGUST 2020 - HOWMAN’S GAP SKI WEEKEND

As easy or as hard as you please

Leader: Sue 02 6056 0501 or sumacard@outlook.com

Come & have a great 3 day weekend – skiing (downhill or cross country – skating or classic), snow shoeing, walking in the snow or lazing around.

Staying at YMCA Howman’s Gap Alpine Centre just near the entry gate to Falls Creek. The cross country ski trails will be groomed for the Hoppet the following weekend.

Accommodation – 6-7 bunk bedrooms, single & communal bathrooms & disabled facilities. All meals included from Friday night dinner to Sunday packed lunch.

Choice of travel departures Friday morning or Friday evening depending on drivers.

BYO bed linen/sleeping bag, towel, wine & nibbles.

Blankets & pillows supplied. Large drying rooms & guest fridges available.

2 nights accommodation & 6 meals will work out at \$187 per person

NEW CRITERIA FOR STAYING AT HOWMANS. ALL GUESTS HAVE TO HAVE A CURRENT WORKING WITH CHILDREN CHECK – can be from any state OR CURRENT VIT TO STAY IN THE ACCOMMODATION BLOCK WITH SCHOOL AGE CHILDREN.

You can apply on line as a volunteer and it is free.
I just need numbers at this stage. Will let you know when deposit required.

NOMINATION FORM for the 2020 ELECTION of OFFICE BEARERS of the BORDER BUSHWALKING CLUB INC.

NAME of NOMINEE : _____

POSITION (Please CIRCLE) : President Vice President Secretary Treasurer
General Committee

PROPOSED BY : _____

SIGNATURE OF NOMINEE : _____ DATE : _____

Return to the Secretary, Border Bushwalking Club Inc
secretary@borderbushwalkingclub.com.au

Do you have KNEE PAIN?

Volunteers needed from around
Albury/Wodonga for physio study!

If you:

- are over 45 years of age,
- have had knee pain for more than 3 months,
- are not having exercise treatment for your knee,

You may be eligible to take part in a new research study conducted across Australia by the Centre for Health, Exercise and Sports Medicine at the University of Melbourne. This study is comparing two different ways of delivering physiotherapy for people with knee osteoarthritis.

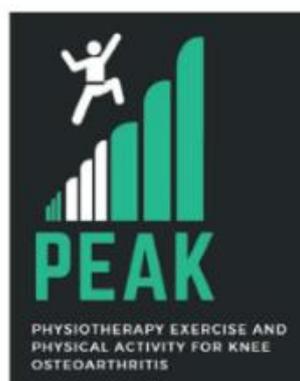
Participants will receive:

- 5 consultations with a physiotherapist over a 3-month period,
- An individualised strengthening exercise program & physical activity plan,
- A wearable activity monitor (to keep),
- Educational and exercise resources,
- All at no cost!

**For further information
and to register your details
for this study, please visit the
study website:**

www.peakstudy.com.au

**Or email the Trial Coordinator,
Penny Campbell:
penelopec@unimelb.edu.au**



HREC No: 1953585

PHOTOS IN FOOTPRINTS.

Often on walks there will be photos taken of participants. If you **DO NOT** wish your photograph to be taken, it is **YOUR** responsibility to inform fellow walkers.

Alpine National Park Deer Control

In 2015, Parks Victoria commenced a deer control trial to investigate whether ground shooting could mitigate the impacts of deer on alpine peatlands and, if so, what are the most efficient and effective techniques. The trial involved three stages: (i) pre-control monitoring; (ii) three years of deer control; and (iii) post-control monitoring. Each of these stages is now complete on the Bogong High Plains and the data collected will be analysed over the next twelve months. The results will be used to provide future directions for ongoing deer control in the park. Deer control will continue on the Bogong High Plains in 2019/2020 while the data is being analysed. The control area will be expanded to include the whole of the Bogong High Plains (see attached map). This will allow Parks Victoria to reduce deer impacts across a broader area and help identify focus areas for future control programs. Parks Victoria will, once again, engage a contractor, as well as partner with the Australian Deer Association (ADA) and the Sporting Shooters Association of Australia (SSAA) to implement deer control. The contractor and members of the ADA and SSAA have significant experience in deer control/hunting and will observe state and national codes of practice and standard operating procedures to ensure that best practices in animal welfare are observed. The park will not be closed while deer control operations are being undertaken, although some localised access restrictions may be applied depending on circumstances. Signs will be placed at major access points advising that deer control operations will be undertaken in the park during 2019-20. All personnel involved in the operation will be working under the supervision of Parks Victoria staff. They will be readily identifiable and will act in accordance with all legal requirements to ensure the safe use of firearms. You will be sent an email prior to each control program with the exact dates and any other relevant information. If you have any questions, or would like more information, please contact Sean (Mick) Keenan (Ranger Team Leader, Mt Beauty) on 03 8427 2552, 0418 596 537 or sean.keenan@parks.vic.gov.au.

Yours sincerely,
Chris Derrick
Area Chief Ranger,
Kiewa-Murray

ACTIVITIES PROGRAM

LEADERS reserve the right to change the activity route on the day depending on prevailing conditions and altered circumstances. A walk leader can refuse permission for any person to take part in his/her activity. A list of trip participants must be prepared and the non-member fee (currently \$5) should be collected before the start of the trip. This is a requirement of our insurance policy. Without this list participants may not be covered by insurance.

EMERGENCY CONTACT PERSONS (ECPS): Leaders must leave trip details, including a list of participants and their contact numbers with a family member, or if none available, with an ECP. In the event of a delay, the ECP will contact families and decide on the next course of action.

PARTICIPANTS (members and visitors) must check with the leader that their fitness and experience suit the walk.

Follow the leader's instructions at all times. Pay own ambulance costs – insurance is recommended (but accidents are rare).

BOOKINGS: If you intend participating in any of the activities listed below you are required to personally speak to the Leader **no later** than the **Wednesday** prior to a **day** activity or **7 days** prior to an **overnight** activity or unless otherwise indicated. SMS bookings are not appropriate. **Please be aware that leaders have the right to decide the size of the group they will accept for their activities. Activities may become fully subscribed before the general cut-off date. By contacting the leader early you may avoid missing out.**

FIRST AID KITS: are to be taken by leaders on each walk.

BIVY BAGS: The club has bivy bags available for activities where extreme cold may be an issue.

GRADING

Grade 1

(Easy) Opportunity for large number of participants, including those with reduced ability to walk/cycle on well-marked and even formed tracks. **Formed tracks** may have a few steps. Should not be steep. Suitable for beginners. Distance should not exceed about 10km.

Grade 2

(Easy-Medium) Easy activity, mostly on tracks of low gradient. Opportunity to walk/cycle easily in natural environments on well-marked tracks. Tracks should not be steep. Distance should not exceed about 15km.

Grade 3

(Medium) Medium activity with some hilly sections and/or rougher terrain. Opportunity to walk/cycle on defined and distinct tracks with some steep sections requiring a moderate level of fitness. Suitable for fit beginners. Distance should not exceed about 20km.

Grade 4

(Medium-Hard) Steeper, rougher terrain and may have off-track sections (no more than one quarter of the walk) or a longer distance track walk. Opportunity to explore and discover relatively undisturbed natural environments mostly along defined and distinct tracks. Tracks can be steep. There may be short sections of rock scrambling involved. Leaders should have map reading abilities and/or ability to use a compass. Distance depending on circumstances. Not suitable for most beginners.

Grade 5

(Hard) Off-track or difficult terrain. Opportunity for walkers with advanced outdoor knowledge and skills to find their own way along often indistinct tracks or off track in remote locations. May include steep sections of unmodified surfaces. There may be rock scrambling, creek walking and crossing involved. Distance should not exceed 30km, but may be short and difficult. Not suitable for beginners.

Grade 6

(Very Hard) Strenuous off-track walk or very long distance. Opportunity for highly experienced walkers to exploratory remote and challenging natural areas without reliance on managed tracks. Terrain may be steep, uneven and no track. There may be rock scrambling, creek walking and crossing involved. Distance covered is unlimited, but may be short and difficult. Only for experienced walkers and not suitable for beginners.

Exploratory Is unknown to leader and while every effort has been made to grade the activity appropriately, there may be some unexpected aspects which may increase the difficulty of the walk.

Disclaimer All statements and opinions expressed in articles published in 'Footprints' are those of the respective authors and do not necessarily represent the views of the Editor, the Committee or members of the Border Bushwalking Club

